The Hornet celebrates 65 years of student news

THE STATE HORNET

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# HUMOR LACES ALEXIE'S LIFE EXPERIENCES

By Matthew Malone
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Sherman Alexie, the featured author in 2014's One Book Program, gave a lecture Thursday evening to a packed University Union Ballroom on topics ranging from his childhood on a Native American reservation to his newest book, "Blasphemy."

The 7 p.m. lecture was one of several events surrounding Alexie's work organized by One Book, a common reading program at Sacramento State that chooses an author and book each year for students, faculty, staff and community members to learn about and read.

Alexie's book "Blasphemy" is an anthology of short stories drawn from his 20-year writing career.

"A gifted orator, he tells tales of contemporary American Indian life laced with razor-sharp humor, unsettling candor and biting wit," the One Book Program's bio of Alexie read.

Alexie spent much of his talk giving a one-liner filled retelling of a fight he had with a high school crush's boyfriend and the understanding of intense, mature love he got from the experience.

A member of the Coeur d'Alene tribe, Alexie grew up on the Spokane Indian Reservation in Wellpinit, Washington but attended high school 30 miles off the reservation, where he was the only Native American student.

When Alexie gave his crush a stuffed bunny for her birthday, her boyfriend, a senior on the football team, found out and attacked Alexie, pinning

ALEXIE, PAGE A2

**Homecoming Week**



ALEXUS KEARNEY - STATE HORNET

People decorated with green and gold stop by the Student Health and Counseling Services booth to pick up ribbons in support of domestic violence awareness, before the Homecoming game against Cal Poly on Saturday. SHCS planned for the booth since May. Along with ribbons, Green Army offered raffle prizes. SHCS informed the public about who to contact if you are dealing with or a witness to domestic violence. They also shared information on the My Sister's House 5k run for domestic violence. SHCS handed out flyers with information on what domestic violence is and what it looks like. The 2013 Reauthorization of the Violence Against Women Act enforces campus prevention and awareness programs for first years.

# EOP OFFERS OPPORTUNITY FOR 45 YEARS

By Elizabeth Zelidon
@_ezelidon

Sacramento State's Educational Opportunity Program celebrated its 45th year overall and 46th year on campus on Wednesday, Oct.15.

The pilot program, which was established at Sac State in 1968, serves first generation and low-income college students. The program initially began with 36 students and as of 2014 the program serves 1,901.

One of the pilot group members and a Sac State alumnus, Carlos Ramos, who is now Director of California Department of Technology, spoke about his experience in the program.

Ramos had no idea what college was until he visited Sonoma State. When he went to eat at the dorms, they told him he could have anything on the table.

He was surprised because he did not expect foods like pastas and hamburgers in a school setting. Ramos became fascinated with the quality of life in college.

The program has since provided these students with support services and resources to promote access, success and degree attainment.

EOP services include academic advising, peer mentoring, learning communities, student success workshops, tutoring and additional financial assistance. The summer bridge program, which is offered for incoming freshmen, requires them to take math, english and leadership development to make the transition from high school to college smoother.

Transfer students have a similar program that partners with the Dedicated to Educating, Graduating and Retaining Educational Equity Students project to help these students get ahead in their degree requirements. DEGREES connects underrepresented students with campus resources to aid in overall collegiate success.

The greatest part of the program for Marcellene Watson-Derbigny, Associate Vice President of Student Retention and Academic Success, is seeing students come into college, fulfill their dreams and earn degrees.

"We are creating new programs everyday to help our first generation students be successful. We recently added a new sophomore and senior success component," Watson said. "We also have what we call our new EOP arise project which is designed to help our continuing population of EOP students to earn their degrees.

"I see things only getting better and better," she said.

# Campus considers religious observance

By Matthew Malone
@matthewmalone_1

The Sacramento State Faculty Policies Committee discussed the possibility of a calendar of religious and cultural holidays to help faculty schedule classes with student beliefs in mind, during the committee's Oct. 15 meeting.

FPC, which reports to the Faculty Senate, develops and reviews policies in areas that include academic freedom, professional standards and the academic calendar.

Management professor Sharyn Gardner spoke to the committee about creating the calendar, which she said could bring faculty members' attention to the major holidays of religions and cultures represented on campus.

Gardner addressed her concern regarding religious and cultural holidays celebrated by students to the Dean of Undergraduate Affairs Sheree Meyer, who referred her to the committee.

Some religions forbid followers to work on certain days, which can present challenges to students whose teachers schedule tests or other classwork on those days.

California universities have adjusted to religious events before. In 2007, UC Davis and the six other UC campuses on the quarter system adopted a policy that would delay the start of the school year to avoid conflicting with the Jewish High Holy Days, a 10-day period when observant Jews are forbidden from doing work.

"Could there be a calendar where it says, 'Here are the holidays to be aware of'?" Gardner said.

Most CSU campuses do not list religious and cultural holidays on their websites for students or faculty that recognize certain holidays; CSU Chico, Channel Islands, Fresno and Los Angeles among those. Sac State also does not have a list of religious and cultural holidays on the academic calendar, except for Christmas Day.

Committee member Hakan Ozcelik expressed concerns about the calendar's effects.

Ozcelik, a management professor, said having too many absent students could disrupt in-class work, such as presentations and tests.

"Is it practical? Every day there will be students not coming in because it's their holiday," he said.

Gardner said the calendar would be a non-binding guide for faculty members to make sensitive choices when students ask them to be excused for a holiday.

"It doesn't mean you change your whole world because of it," Gardner said.

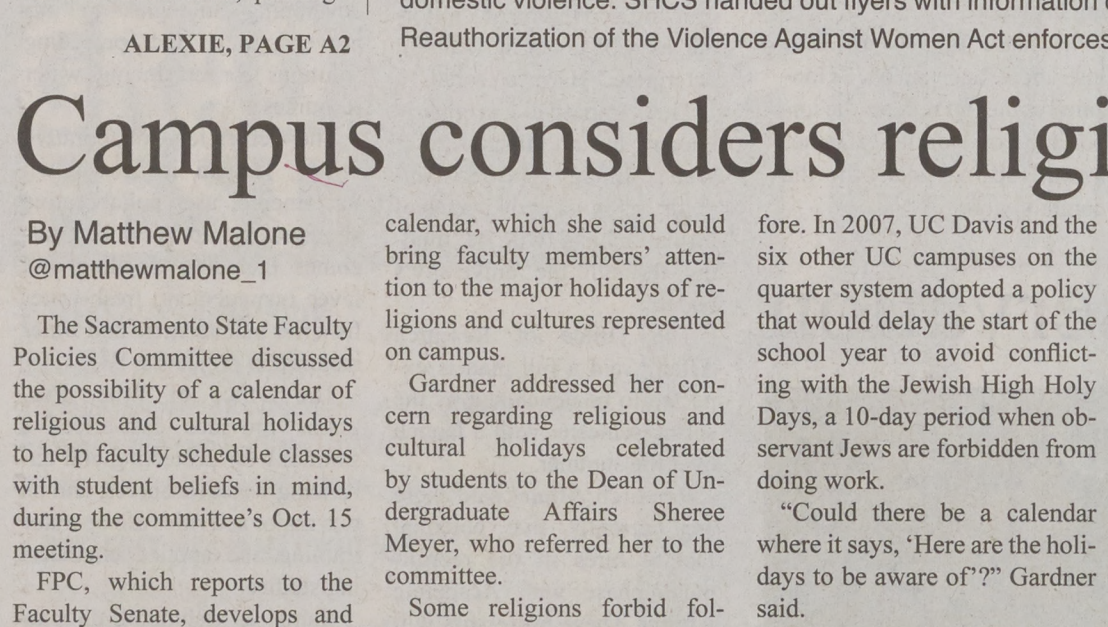
Civil engineering major Reaa Ali said she agreed when she learned about the proposal.

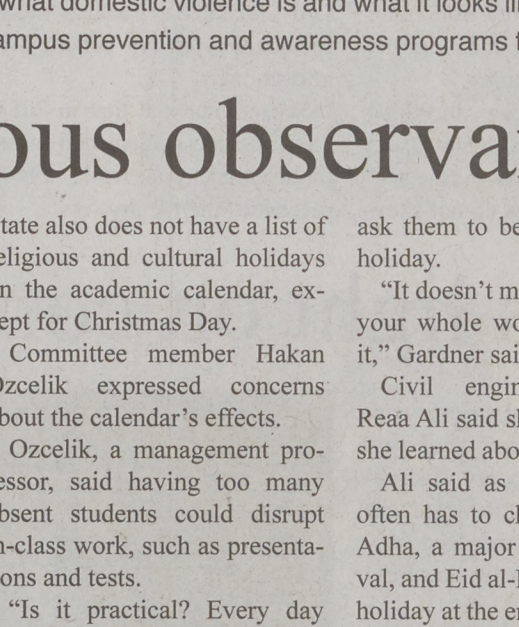
Ali said as a Muslim, she often has to check if Eid al-Adha, a major four-day festival, and Eid al-Fitr, a three-day holiday at the end of Ramadan, will conflict with her classes.

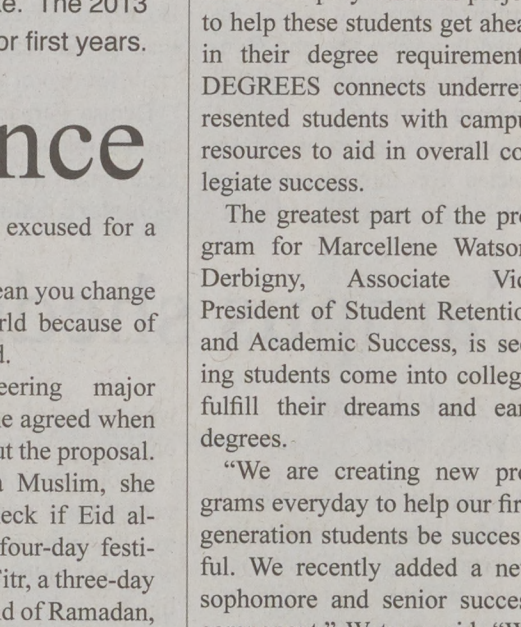
"The only unfortunate part about them is that they fall on different days each year," Ali said, meaning the proposed

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## INSIDE







Sarah Hines - State Hornet

**Department Chair of Mechanical Engineering Susan Holl, Associate Professor of Education Maggie Beddow, and Social Work Professor Sylvester Bowie, discuss the implementation of a calendar of religious and cultural holidays. The calendar would inform faculty scheduling of classes and assignments in relation to religious holidays.**

# **Policies:** Policy committee members analyze pros and cons of allowing students holidays for various religions on campus

Continued, A1

calendar would need to be updated yearly.

The two holidays are set according to the lunar Islamic calendar, which shifts in relation to the Gregorian calendar. Eid al-Adha, for instance, began Oct. 5 this year. In 2015, it will start on Sept. 23.

Ali said her professors have generally been very understanding when classes conflict with holidays.

"In the past, I've just been able to ask the professor in-person," she said.

All CSU campuses follow California Education Code 89320 when students request to take a test at a different time for religious reasons. The policy allows students to take tests without penalty at a time that does not violate their religious beliefs.

Sac State extends the code in its Religious Observance Policy to major assignments, deadlines and class participation.

For conflicting requirements included in a syllabus, the university encourages students to notify their teachers before the end of the open-add deadline, two weeks after the school year begins.

For requirements announced after the open-add deadline, students are asked to inform teachers before the end of the class period following the announcement.

# Gonzalez inducted in hall of fame

By Matthew Malone
@matthewmalone_1

Sacramento State President Alexander Gonzalez was inducted into the Hispanic Association of Colleges and Universities Hall of Champions Oct. 8 during the association's annual conference in Denver, Colorado.

HACU represents more than 400 universities in the U.S., Puerto Rico, Latin America and Spain, stating its mission is to improve access to postsecondary education for Hispanic students.

The Hall of Champions was created in 2011 to honor people who further the association's mission. Agnes Mojica, chancellor of the Inter American University of Puerto Rico, San Germán Campus, was also inducted this year. She and Gonzalez bring the number of hall honorees up to six.

"I was honored to have been selected for this award from HACU. It's gratifying to be recognized for making a positive difference," Gonzalez said in an email.

Gonzalez, who has served as Sac State's president since 2003, will retire from his post at the end of the 2014-15 school year. He has previously served as the president of CSU San Marcos and before that as a faculty member and administrator at Fresno State.

HACU president Antonio Flores attributed Gonzalez's selection to his advocacy for Hispanics in higher education and his long-time leadership within the association.

"He is considered a role model by literally tens of thousands of young people at Sacramento State and Cal State San Marcos," Flores said

Gonzalez served on HACU's Board of Directors for more than seven years and was the chair for two of those.

Denise Fernandez, an ethnic studies major at Sac State, was skeptical of the award. She said Gonzalez's actions do not show a dedication to education, mentioning the proposed student fee that would go to an expansion of The Well and the University Union.

"Financially speaking, he hasn't shared resources," Fernandez said.

The fee was originally set at $250, but after a majority of students who responded to a poll opposed the increase, Union Well Inc., the organization that runs the two buildings, announced it would reduce the fee by an unspecified amount.

President Gonzalez supported the expansion in a letter published on Union Well Inc.'s website.

"I feel that's not the quality of a good leader," Fernandez said.

Erica Zamora, a member of Students for Quality Education, said Gonzalez's policies more specifically did not benefit Latino students.

She pointed out that in 2013 the Sac State student body was 22 percent Latino, while only 6 percent of the faculty was.

"I don't feel like we are catering to that population that need Latino professors as mentors," Zamora said.

In November 2012, the Mexican government selected Gonzalez, a native Californian, for the Ohtli Award, the highest honor given to leaders of Mexican descent.

The award was presented by the consul general of Mexico, Carlos González Gutiérrez, and has gone to several prominent Americans, including then-Secretary of Labor Hilda Solís and the former governor of New Mexico, Bill Richardson.

On the Hall of Champions induction, Gonzalez thanked his wife and colleagues, as well as students, faculty and staff he has worked with during his tenure.

"Because this award isn't just about one person," Gonzalez wrote. "It reflects the importance of working together toward shared goals for the common good."

# Campus sheds light on conservation

By Zack Jordan
@WashJones

Sacramento State Sustainability held Energy Conservation Awareness Day on Thursday to inform students about different ways to save electricity.

Twelve different organizations were present in the library quad, explaining various methods of conserving energy such as turning off lights or unplugging electronics not in use.

Nathaniel Martin, coordinator of Energy Conservation for Sustainability, said energy conservation is important to Sac State because of its large size in such a concentrated area.

"We use a lot of energy in a small space, since this is energy conservation month, I like to show students, faculty and staff that the campus is doing activities for energy conservation," Martin said.

According to Martin, Sac State started reducing energy by switching out 30 ceiling lights in Yosemite's North Gym with 20 LED Bi-level lights, which gives the option of choosing which row of lights you want on, saving 73 percent of energy.

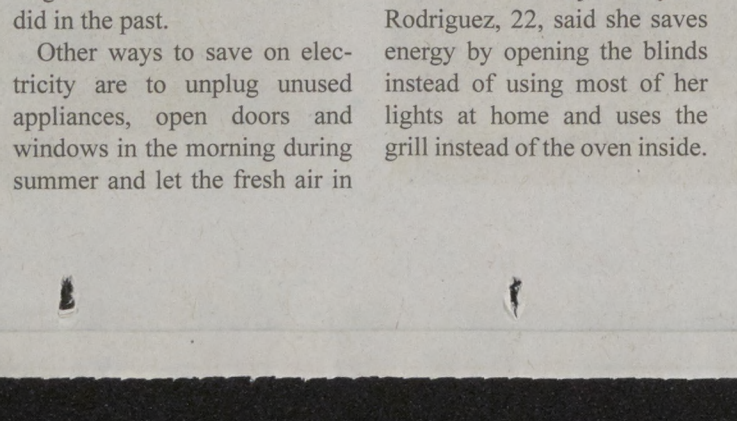
Another way energy was prevented from going to waste was by changing incandescent 60-watt light bulbs to 13-watt LED lights.

"Over 20 years, using one LED light bulb can save you the purchase of over 20 incandescent light bulbs, which saves you $120 per year on purchases and $114 on your electricity bill," said Jill Circelli, associate of the Light Bar, a branch of SMUD.

Marketing and Communications Analyst for Roseville Utility Exploration Center Brett Salmi, said using 1-watt all year long could cost up to $180 per year.

"We never want to be wasteful, and in general it saves money. That's what it really pushes, is saving money," Salmi said.

Signs were scattered across the quad, explaining quick tips on how to save energy with little effort. Some incentives included less energy being used along with less cash being spent on LED lighting.




Zack Jordan- State Hornet

**Signs line the walkways of the library quad during Energy Conservation Awareness Day, encouraging students to find alternative methods to preserve electricity and money.**

There was also a before and after picture of a gymnasium that converted to LED lighting. The recreational area looked brighter at a smaller cost than it did in the past.

Other ways to save on electricity are to unplug unused appliances, open doors and windows in the morning during summer and let the fresh air in instead of running the air conditioning and switching out old light bulbs with less wattage bulbs.

Business major Crystal Rodriguez, 22, said she saves energy by opening the blinds instead of using most of her lights at home and uses the grill instead of the oven inside.

# **Alexie:** Author opens up about past from high school

Continued, A1

him against a wall and threatening to punch Alexie in the face.

"I didn't know enough about the insanity of love to know that giving a bunny to a high school senior's girlfriend could be a problem," Alexie said.

Hellen Lee, an associate English professor and the faculty organizer for One Book, said Alexie's stories show both the weaknesses and saving qualities of his subjects.

"He focuses on human frailties, but he always comes back and redeems the humanity. No matter how corrupt, disturbed, alienated the character might be, there's always some sort of human redemption," Lee said.

As Alexie continued his narrative, the football player wound up his punch. Then, Alexie's crush yelled for him to stop. After a moment of conflict, he punched the wall instead of Alexie's face, breaking his hand and the wall.

"I came back to school the next morning," Alexie said, "And someone had painted a heart around the hole in the wall, and the bunny was shoved in it."

Ashley Dahlstrom, a Delta College student who attended the talk, said Alexie's life experiences were what she liked about his writing.

"I love his life story, all the struggles he went through and how he is still positive at the end," Dahlstrom said.

Hellen Lee said the One Book Program is designed to be interdisciplinary, so one need not be an English major to benefit from it.

"It's funny because some of our biggest fans of the program and most involved are from the sciences, because they understand this, too, right? That the sciences aren't removed from humanities," Lee said.

Despite being busy for most of the lecture, Lee said she was gratified to see the audience's enthusiasm.

"I did notice that people were so immensely engaged and that was just fulfilling," Lee said.

# Sac State seeks water experts to tackle drought

By Jacob Abbott
@jakeabbott_csus

A recent initiative created by the administration of Academic Affairs focuses on hiring new professors with an expertise in water policy and several water-related fields including hydrogeology and water resources engineering.

Provost and Vice President for Academic Affairs, Frederika "Fraka" Harmsen, announced Sacramento State will be expanding its research efforts on water issues with an emphasis on increasing student involvement in the process.

"Huge efforts need to be made in water conservation, distribution, technology and policy, in order for this precious limited resource to be sufficient to support the ever-growing population of California, as well as our agricultural enterprise," Harmsen said.

The initiative, originally known as an Institute for Water, Energy and Sustainability, is in its early stages of formation and will be funding through the university's budget.

The Office of Research Affairs said a full plan is expected to be developed by the spring semester with a launch over the summer.

Research Affairs said there are currently five potential faculty hires in the recruitment phase with Academic Affairs. These professors will work with students on projects related to water, energy and sustainability issues intended to broaden the university's impact on California.

"Sac State, with its proximity to two major rivers, reservoirs and the state capitol, is perfectly poised geographically to be a major player in water issues," Harmsen said. "Increasing the capacity of the university to perform research and train students in water issues is one of my visions for this campus."

David Earwicker, assistant vice president for Research Affairs, said his department supports the provost's initiative because of the opportunities it will provide Sac State students and faculty.

"It will serve as a catalyst for a considerable amount of new and exploratory research activity," Earwicker said. "Sacramento State is in the core of a dynamic natural resource research environment, allowing us to participate in a living laboratory on a daily basis."

Research Affairs is preparing to collaborate on a project with the California Department of Public Health by having students and faculty conduct survey research. Earwicker anticipates the data will inform both current practice and new policy directions in the future.

"The number of externally-funded research and sponsored projects is rising, with more faculty and students engaged each year," Earwicker said. "I expect that to continue, at an accelerated pace, for quite some time."

The new hires will work together with faculty from Sac State's water resource centers developing strategies to improve policy and providing solutions for enhancing water resources.

The Center for Collaborative Policy, located in Downtown Sacramento, uses collaborative strategies to improve policy outcomes including flooding and levee management, fresh-water fisheries management and water restoration projects.

The Office of Water Programs provides cost-effective solutions for protecting and enhancing water resources, and its two major activities are operator training and applied engineering studies.

Ramzi J. Mahmood, director of Office of Water Programs, said OWP is the largest self-funded university center on campus and is one of the largest in the CSU system.

"OWP has a permanent staff of research engineers and scientists who engage in applied studies for outside agencies," Mahmood said. "As we hire faculty with expertise in water and increase our capacity, we expect to be able to participate in more research and applied studies opportunities."

Harmsen said Sac State students can anticipate additional classes due to the new hirings.

"New faculty also typically develop additional classes in their areas of expertise," Harmsen said. "Students can expect more opportunities to become involved in water-related research and policy work."

# THIS WEEK IN THE HORNET, 65 YEARS AGO

By Joshua Krebs
@thestatehornet
Kayla Nick-Kearney
@nickkearneyk

The week of Oct. 21, 1949, Sacramento State education students taught in 36 schools under the direction of lead teachers.

This meant 74 students and on-the-job teachers received the immediate supervision and training of Sac State professors. The program would take place in 36 schools throughout Sacramento, Yolo, Solano and Placer counties.

Faculty wives sponsored a "river cruise" for staff aboard the "Gerrie II" with President Guy West, captaining the boat.

The same week, Sac State graduated, Major Richard K. Crown, the first student under the Army Education Program. He received his bachelor's in education.

The Hornet also wrote an article about journalism schools around the country.

"I expect to live to see the day when most programs in journalism will be six years, and when most of our schools of journalism will be graduate professional schools," said Kenneth E. Olson, Dean of the Medill School of Journalism of Northwestern University. "Newspapermen and women daily prepare the food of public opinion. Is it not important for young men and women that seek entry to this profession be given the best possible education and professional training?"

## Twitter Feed

**# embarrassing experience you've had going through a haunted house?**

@hornetmasueda

I got so scared, that I'm pretty sure I kicked someone that popped out at me

**# are you excited for the world series?! what are your predictions?**

@curtismanlapig

Royals in 6 #statehornet #TakeTheCrown

**# tell us what fun hobbies you have to take a break from school?!**

@nickkearneyk

Some Friday nights we play Ultimate Frisbee. It's like flag football with a frisbee.

HORNET HASHTAG

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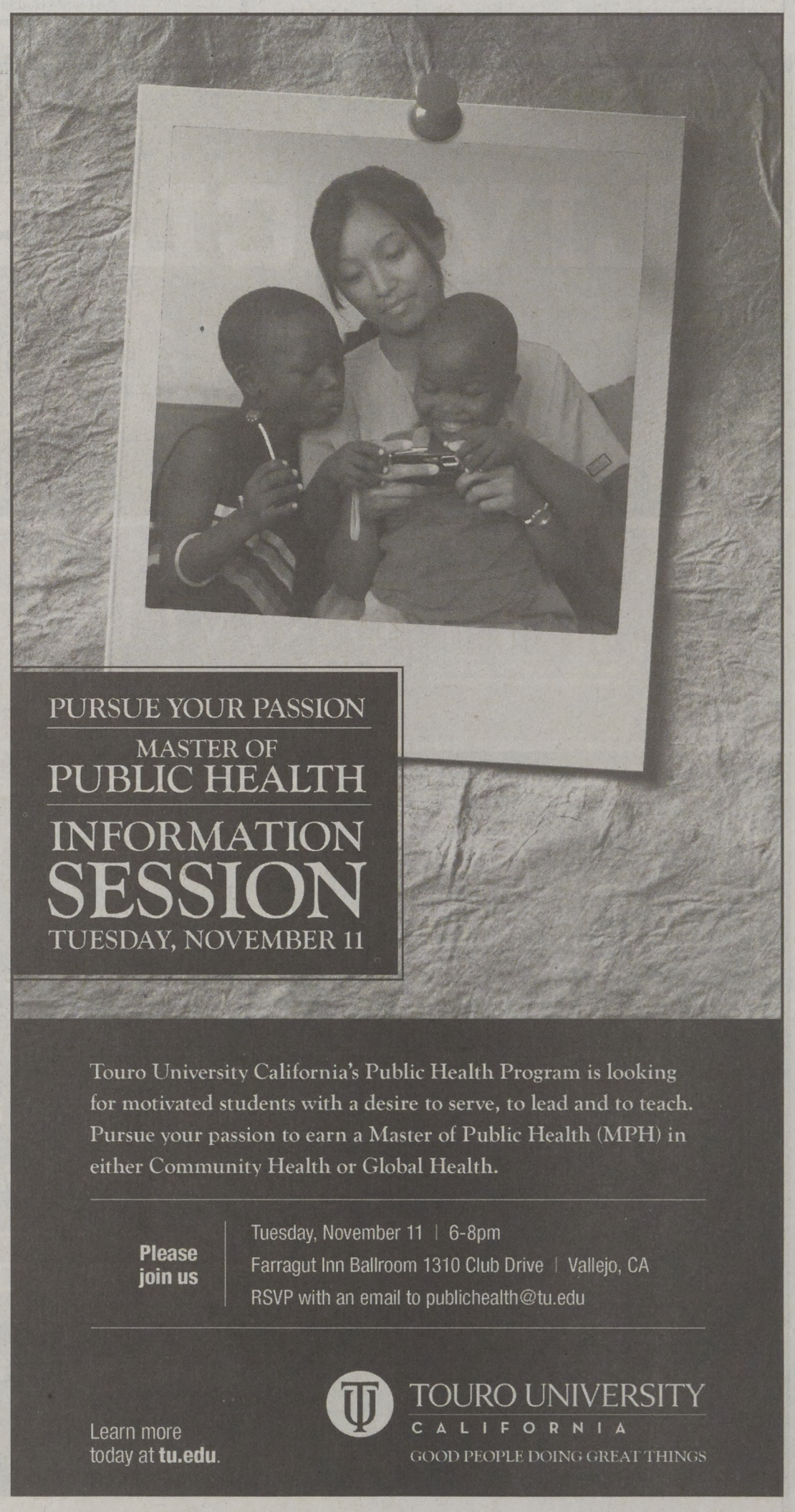
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# Sherman Alexie explains his alcoholism and humor

By Gregory Allen
@thestatehornet

***The 2014 One Book selection was the first work of short stories ever chosen by the program. "Blasphemy" is a collection about the Native American experience.***

***In "Blasphemy", the author highlights the brokenness and discord among Native American populations.***

***Author Sherman Alexie, who grew up on a Spokane Indian territory, arrived to Sacramento State for Author Day to discuss "Blasphemy" and share his personal experiences.***

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**Q: Explain what it was like growing up in an Indian reservation:**
A: It was a combination of magic and loss. The beauty of the culture, but with extreme poverty and a lot of social problems.

**What was the transition like for you, adjusting to American culture?**
It was like being a first generation immigrant, even though I'm indigenous. I hadn't realized how foreign I was until I went to a non-native school. I felt foreign. I felt like I was walking onto Ellis Island.

**Did you experience a lot of discrimination?**
There was a little bit of active racism, a lot of passive racism – just sort of [like] comments, and looks and getting judged. Inside my own school, that all went away because they lived with me, they went to school with me, they knew me. The racism after that was mostly experienced at the hands of other small white towns who didn't know me. But even that faded as they got to know me over the years. The cure to racism is actually spending time with people and as the years went on, it got better.

**Why is alcoholism so prevalent in your works? And what role has that played in your own life?**
I'm a recovering alcoholic – I've been sober for 20 years; my dad died ten years ago of alcoholism; my big sister died in an alcohol-related house fire. I've had three aunts and uncles die of alcoholism, so it's everywhere in my life. It's a big problem in the Indian world, it's epidemic.

**Why is that?**
[In] any poor community, when you talk about poverty and lack of opportunity, you're going to talk about addiction, and alcohol is just the native drug of choice. Other communities have other drugs of choice.

**How have you used humor and wit to overcome the struggles of being a Native American?**
The world is ridiculous ; the world is absurd, and really the only way to approach it most of the time is through humor. Humor is a form of religion. That's how I approach it. I don't believe in God, but I believe in humor.

**I've heard from other people that you could have a career as a stand-up comedian. Have you ever considered that?**
I've flirted with it, but it requires a life spent in bars and comedy clubs. That's not who I am. I'm a college campus guy, not a comedy club guy – and I get to do [comedy] anyway. I just do it for college audiences rather than comedy club audiences.

**If you had to choose a specific art form, what would it be?**
Poems. That's how I started. That's still mostly what I write. It's how I see the world. I write poems constantly. It's reflexive; it's just an innate part of who I am. I learned how to write fiction, but I think I was born a poet.

**What is one of your personal favorite stories from your work, "Blasphemy"?**
I think the best thing I've ever written is "What You Pawn, I will Redeem," a story about a homeless man on an odyssey, on an epic journey. I think it's the best thing I've ever written.




JESSICA MANGILI- STATE HORNET

**The One Book program hosted informal chats with students about the featured book, Blasphemy, in the dining commons.**

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Redwood Room, University Union

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# SPORTS

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## Lights needed at Hornet Field



ANDREW WATSON - STATE HORNET

**Senior forward Adan Martinez dribbles the ball around Cal Poly forward John Chronopoulos at the Hornet Soccer field during Saturday's game.**

By Jordan Santos
@jsantos_radio

There is something special about playing sports at night under the lights, and Hornets' players have described it as a feeling powerful enough to elevate their performance.

Men's soccer sophomore defender Preston Davis believes installing lights at Hornet Field is much bigger than just playing night games.

"I think it would be a massive addition to the program and would really help us grow into an elite Division I program," Davis said.

Unfortunately, the men's and women's soccer teams at Sacramento State do not get to enjoy this experience because there are no lights at Hornet Field.

Since it became a permanent stadium in 2002, there have been no night games for both soccer programs, though there have been recent efforts by the men's soccer team to address this issue.

On Friday, Oct. 17, it was announced that Sac State men's soccer team will move its home game against UC Davis on Oct. 25 to play under the lights at Bonney Field, the 8,000 seat stadium used by Sac Republic FC.

Originally given a 2 p.m. start time, the game that has been dubbed the Causeway Classic will now be played at 7 p.m.

Coach Michael Linenberger and his staff have made an effort for years to bring night games to Hornet Field. Linenberger believes installing lights to have late games would be a program-changer.

"We have been working on it for years," Linenberger says. "[We] have been close several times, but nothing has worked out yet. Lights could help elevate our program to an entirely new level."

LIGHTS, PAGE B4

## Conference ride bumpy for team

By Paris Prado
@p_ma15

Sacramento State women's volleyball has had a bumpy ride in conference so far. The women are 0-8 in the Big Sky competition and 5-18 overall.

The squad is currently riding an eight-game losing streak, their longest this season and in the Big Sky. Only Southern Utah has the second longest losing streak in this year's Big Sky Conference, also in the Southern Division, with a four-game streak.

The Hornets have been a historically good team at home. Last year, the women played their best in The Nest (8-5) and this year the team is 0-9. The Hornets have proven to play best at neutral grounds this year with a record of 4-3. Their away record is 1-6.

Coach Ruben Volta feels the biggest issue for the women is their lack of confidence. He stated their practices are very productive, but it takes experience and courage to translate those skills from practice into matches.

"I think that we certainly have more to offer, but we don't play as good in matches as I think we do in practice," Volta said.

Junior outside hitter Lauren Aikels said so far this year the team has lacked the moment where everything needed to click. She said her team continues to improve, and it is just the little things that matter most at this point in season.

"I feel like we are a lot better than our record, and I feel like we've played in really close matches that we haven't been able to just turn the light on and

VOLLEYBALL, PAGE B3

## BERLIOUX LEADS TEAM THIS SEASON

By Mike McGough
@mike_mcgough

For some athletes, it can take over a decade to excel at a sport.

Chloe Berlioux, a fourth-year student and runner on Sacramento State's cross country and track and field teams, has had a quicker ride to success.

Berlioux, 21, has been the fastest finisher on the women's cross country team in the three races in which she has competed this season. She was named the Big Sky Conference's Female Cross Country Athlete of the Week on Sept. 30 after taking 13th place overall at the Stanford Invitational Sept. 27.

"I'm happy with my season so far," Berlioux said. "I think I have a lot more in the tank and I'm excited to see how the rest of the season goes."

Berlioux, a redshirt freshman in the 2011 season, is now a key runner on the cross country team—even though she came to Sac State with no cross country experience at all.

Berlioux took up running when she was in eighth grade. Until she made track her focus in her last two years at Bishop Kelley High School in her hometown of Tulsa, Oklahoma, Berlioux was heavily invested in volleyball.

"I played [volleyball] for 11 years and I thought I would always do that when I came to college," Berlioux said.

Instead, Berlioux developed a love and affinity for track, running summer meets after her junior and senior years of high school and improving her speed.

The decision to bring her talent to Sac State was set in motion when Berlioux competed in the 2010 USATF National Junior Olympic Track & Field Championships, held on campus in July 2010. Berlioux finished sixth place in the 800-meter and eighth place in the 1,500-meter at the Junior Olympics.

It was at this event where Berlioux met Scott Abbott, who was the head coach for Sac State's cross country team and middle distance coach for track at the time. Berlioux, who said she liked Abbott as a coach

BELIROUX, PAGE B3

## MUSTANGS BEAT HORNETS



ANDREW WATSON - STATE HORNET

**Senior Quarterback Garrett Safron gets help from junior lineman Lars Hanson as he blocks a Cal Poly player. Safron became the all-time leading passer with 8,448 career passing yards.**

By Ilian Cervantes
@ilianbranum

Hornet Stadium held a crowd of 10,934, the largest of the year, Saturday for the Homecoming game against the Cal Poly Mustangs.

The Mustangs (4-3, 1-3 Big Sky) secured the win with speed and big plays at their advantage, while the Hornets ( 4-4, 1-3 Big Sky) were handed a loss with a final score of 56-27.

"That is a hard offense to defend," said Sacramento State coach Jody Sears.

Sac State opened strong and the game was highly competitive with three lead changes taking place and 41 points scored in the first half alone.

After Brad Cornish's opening field goal from 32 yards out, the Mustangs scored with 1:02 remaining in the first quarter to lead 7-3, but the Hornets quickly turned the table and recaptured the lead with two touchdowns late in the second quarter.

The Mustang's Kenny Mitchell caught a 3-yard pass from Chris Brown, with 47 seconds remaining in the first half, allowing Cal Poly to regain the lead, 21-20.

The Hornets were unable to recover for the remainder of the game as Cal Poly scored 35 unanswered points in the third, leading 42-20, going into the final quarter of game.

"You have to defend the whole width of the field, and probably the thing that hurts us most was their speed, and our fits on defense on two or three of the plays," Sears said. "We just have to be more consistent."

A 5-yard pass from quarterback Garrett Safron to wide receiver DeAndre Carter was the final touchdown for the Hornets late in the fourth, inching the score 27-49, yet the Mustangs scored once more with 1:40 remaining as junior quarterback Dano Graves sealed the deal when rushing for a 4-yard touchdown.

"As a team we didn't come down, we didn't execute to our standards," Carter said. "We have to watch the film, learn from it and make sure it doesn't happen again."

Cal Poly's starting quarterback Brown finished 8-of-11 passes for 109 yards and a pair of touchdowns. In the second quarter freshman fullback Joe Protheroe broke off a 62-yard run against the Hornet's defense as the Mustangs amassed 504 yards of total offense. Running back Kori Garcia established a dominant running game, finishing with 141 rushing yards.

Despite Sac State losing the game, Safron became the all-time leading passer with 8,448 career passing yards. The senior completed 30-of-43 passes and threw for 306 yards. He finished

FOOTBALL, PAGE B2

**HORNETS (4-4) 27 — CAL POLY (4-3) 56**
October 18, 2014
Hornet Stadium, Sacramento, Calif.

| | 1 | 2 | 3 | 4 | TOTAL |
|---|---|---|---|---|---|
| CP | 7 | 14 | 21 | 14 | 56 |
| SAC | 3 | 17 | 0 | 7 | 27 |

| QTR | SCORING PLAYS | V - H |
|---|---|---|
| 1st | SAC - Cornish, B. 32 yd field goal | 0-3 |
| | CP - Nicholls, C. 3 yd run | 7-3 |
| | SAC - Carter, D. 26 yd pass from Safron, G. | 7-10 |
| | SAC - Safron, G. 21 yd run | 7-17 |
| | CP - Jackson, R. 52 yd pass from Brown, C. | 14-17 |
| 3rd | SAC - Cornish, B. 44 yd field goal | 14-20 |
| | CP - Mitchell, K. 3 yd pass from Brown, C. | 21-20 |
| | CP - Protheroe, J. 62 yd run | 28-20 |
| | CP - Howe, B. 2 yd run | 35-20 |
| | CP - Garcia, K. 4 yd run | 42-20 |
| 4th | CP - Protheroe, J. 2 yd run | 49-20 |
| | SAC - Carter, D. 5 yd pass | 49-27 |
| | CP - Graves, D. 4 yd run | 56-27 |

# Bittersweet final year for six seniors

By Eric S. Torres
@Eric40Torres

There are six seniors as part of the 28-player roster for the 2014 women's soccer team, and they are enjoying every opportunity of playing their last season with the Hornets.

For some of the players, such as defender Kassi Anast and goalkeeper Kimberly Mata, their plans after graduation are to continue with their education. However, for forward Kristen Bridges, she said she wants to continue her soccer career competitively overseas.

"I've been thinking about it a lot, and I'd really like to go play overseas after I graduate in the spring," Bridges said. "I've heard really cool things about it, I think it would be a really cool experience to go on and keep playing soccer, if I have the ability then I feel like it would be totally worth it."

For Bridges, the idea of going overseas is appealing because of the different environment and culture she might encounter.

"Yeah, it's just a different culture, I think it'd be cool to just play the sport that I've grown up playing and loved my whole life and see what's it's like in a different setting," Bridges said.

Being a health science major, Anast is thinking about attending nursing school upon graduation.

She has plans to move back to Southern California, finish her prerequisites and figure out her career plans moving forward.

Anast believes that continuing with her education and pursuing her master's degree will keep her preoccupied, essentially leaving her with no time to play soccer competitively at a high level.

"Probably play soccer just for fun, I think that I have a lot school left so I'll be busy with that," Anast said.

As for Mata, since she's a speech pathology major, her plans are to get her masters degree to officially become a certified speech pathologist.

Moving forward after Sac State, she prefers to play soccer with her friends in a friendly environment.

"I think I might do a couple of pick up games, but as far as being in a league or something, I don't think my body can handle that anymore," Mata said.



JESSICA MANGILI - STATE HORNET

**Senior goalkeeper Kimberly Mata leads the women's soccer team as team captain. Mata, a speech pathology major, plans to get her master's degree with the goal of becoming a certified speech pathologist.**

As each school year passes, Mata's role on the team has changed as more responsibilities are being placed on her shoulders.

"I feel like ever since I came in, I've gradually gotten more respect. I was a captain last year, and I'm a captain again this year too," Mata said. "But I feel like being a captain this year is just a lot more respect, and I can feel that from my teammates, they listen to me and just understand what I'm saying, so it's nice to be a veteran sometimes."

Coach Randy Dedini said his plans were that hopefully the seniors continue to try and play at a higher level for as long as they possibly can.

"I did that and you only have so many years to be able to play at your highest level before you don't have that opportunity anymore," Dedini said. "Hopefully, some of them want to continue to play, we would just invite them out and they can continue to train with us, since they're alumni and still playing."

For Bridges, her aspirations for the rest of the season are to be able to finish on a positive note.

"Personal goals would be to finish strong, work hard as a team and do my part to accomplish those goals," Bridges said.

Even though Anast is excited about being in her final year, she said this team is just as fun as previous seasons.

"It's bittersweet [being a senior], and I guess in that way it's a little different, I haven't felt this kind of nostalgia before going into each game," Anast said. "But, yeah the team is great, and I think in that way it's been similar to past years."

The Hornets will play two more regular season games this weekend. Sac State will play at home against Idaho on Oct. 24 and will finish up the Big Sky competition against Portland State on Oct. 31.

# Opinion: Sac State football aims for balanced offense

By Aaron Asmus
@the_jamal

It might be the passing offense getting the majority of the attention this season for Sacramento State's football program, but the addition of a balanced running game has allowed the Hornets take a step forward and become an elite offense.

The Hornets average 35 rushing attempts per game, two fewer from a season ago, but have found a way to be far more explosive and effective when they run the ball. The team has increased its' rushing yards per game from 135.1 last year to 188.5 this season, which has increased their yards per carry average from 3.6 to 5.4.

The key contributors increasing production for the Hornets are sophomore Jordan Robinson and junior De'Jon Coleman. Both are given the majority of the carries out the backfield and give the offense what it sorely lacked; someone to take the pressure off of senior quarterback Garrett Safron.

Robinson in particular is putting up one of the better numbers this season in recent memory with a 5.8 yards per carry average, the best of any Hornet running back since 2004 and averaging 76.1 yards per game. This steady production out of the backfield keeps defenses guessing and has allowed Safron to grow into becoming one of the best players in the Football Championship Subdivision (FCS) this season.

Safron has always had the ability to run from quarterback position since he took over the full-time starting job three years ago, but he has become a true dual threat this season. The senior upped his rushing totals from last season of 41 yards per game to 73 this year and his yards per carry from 3.5 to 7.3.

His maturation this season in learning when and where to scramble and run has been key to his increased production with running the ball. His 7.26 yards per carry average is ranked 5th in the FCS and is currently the only quarterbavk ranked in the top 20. As he is averaging 10 carries a game this season, the efficiency with his carries have been a big part of the improved running game.

The unheralded heroes of the offensive success of the Hornets this season has been how good the offensive line has been in pass and run blocking. The offensive line has only allowed 12 sacks all season and just six in the last six games. The three Hornet runners, Safron, Robinson and Coleman all having productive seasons also speaks to the impact the line has made this season.

The passing attack has been a strength for the Hornets team in years past, but considerable strides made by Safron as a passer, the coaching staff and the addition of Nnamdi Agude have improved an already strong passing game. The passing attack has just been more explosive in all aspects; more yards per game, more yards per completion and more yards per passing attempt.

In particular, the duo of De-Andre Carter and Nnamdi Agude have been the most effective wide receivers in the FCS.

Agude as a first year starter has established himself as a legitimate big play threat with 17.2 yards per catch and seven touchdown catches this season, both in the top 10 rankings for receivers. His presence on the field makes defenses have to pick and choose who they want to stop between him and Carter.

Agude reaped the benefits of defenses focusing on Carter in the early part of the year, who struggled to gain consistency during the first four weeks and live up to the expectations he set from his 14 touchdowns season a year ago.

It took time for Carter to break out of his slump, but as defenses adjusted to Agude's production and the improved running game, it opened up the field for Carter and he responded in a big way. He has been one of the best players in the country on either side of the ball during the last month of play with 43 catches, 536 receiving yards and eight touchdowns.

This team does not struggle in areas offensively, but one aspect that they need to get better at is controlling the time of possession more effectively and keeping the other team's offense off the field. The team is on the field an average of 30:12 per game, which is ranked for 58th in the country. One issue the Hornets have had this season is on defense and controlling the clock; they let games get out of hand and it just becomes a shootout between the offenses at the end of games to see who wins.

The real strength of Sac State this season is having all these offensive weapons to work with. Opposing defenses are unable to focus on stopping one aspect of the Hornet's offense. Between Safron being in the top 5 for total yardage gained this season, Carter and Agude proving to be the most formidable receiving duo in the FCS and running backs Robinson and Coleman, the team can continuously make adjustments throughout the game.

# **Football:** Hornets set records in loss to Cal Poly

**From Page B1**

with two touchdowns and a blemish of two interceptions.

Carter also entered the record books with 29 career touchdowns. He said it was hard to celebrate when the team lost fellow teammate, linebacker Darnell Sankey, who suffered a leg injury in the third quarter after contributing 10 tackles.

"Darnell is a major part of our team and a major part of our defense, but we have a next man up mentality, so when Darnell went down Tyler Meeter came in and played a pretty good game," Carter said.

Both Sears and Carter said that the details of Sankey's injuries were unknown, but he was seen walking into the locker room with the aid of crutches.

"Our kids are tough," Sears said. "They play really hard, they love each other and they are loyal to each other. They are extremely selfless and they play with great heart."

Sac State has its bye week this weekend, but the team hits the road Nov. 1 to continue conference play against Montana.



ANDREW WATSON - STATE HORNET

**Linebacker Darnell Sankey gets help off the field after suffering a leg injury during the third quarter in Saturday's loss to Cal Poly. Sankey contributed 10 tackles to the game before getting hurt.**



# Volleyball: Team is riding an eight-game losing streak in Big Sky

From Page B1

really push forward," Aikels said.

Sac State's volleyball team has eight games left in conference until the Big Sky Tournament begins. The women are not only last in their division of conference, but also last overall between both the North and South Divisions of the Big Sky Conference.

Freshman setter Kennedy Kurtz said her team is nowhere near satisfied with their current record. The team is frustrated because they know they have the ability to win. She said the women openly talk about where they are currently at and where they want to be.

"We talk about it just because right now we haven't won a game in conference and that really means something to us," Kurtz said.

Sophomore middle blocker Kendall LaVine believes the women possess all of the skills necessary to win and nothing but hard work is going to help get them there.

"Winning is a skill, losing is a skill, I know that we can be way better than not winning a single game in conference. And I know we all know that," LaVine said.

Overall the Hornets have the worst record in conference. Montana State is the current last place team in the Northern Division, still ahead of Sac State with a record of 1-6.

LaVine doesn't let the record affect her game. She uses it as motivation to push herself to do better.

"Personally, it makes me really motivated. I want to see a number on that other side. I want to replace that zero so bad. And it has to be something that drives us," LaVine said.

The Hornets are a historically successful team in the Big Sky as conference champions from 1997-2007. Last year, the program placed sixth overall in conference.

Kurtz said that because of Sac State volleyball's historical success in conference, the team strives to live up to the years before them.

"We don't want to get used to losing, that's not an expectation. We can't accept mediocracy," Kurtz said.

In comparison to last year, the Hornets have a much lower hitting percentage. In the Big Sky this year the women are hitting .000 in conference and .227 overall. Last year the women hit .400 in both conference and overall.

Volta agrees the team has improved at many things this season. He stated several times throughout the year how serving and passing are the two areas the Hornets needed to focus on and improve.

"I think their passing is getting better, I'm still not happy at where we're at serving," Volta said.

LaVine stated that after their most recent loss their coach inspired them to push themselves to never be satisfied with losing.

"Ruben said today, we have to hate losing more than [we love] winning a game," LaVine

**Upcoming Women's Volleyball**

Fri. Oct. 24 - @ Montana State 6 p.m.

Sat. Oct. 25 - @Montana 6 p.m.

Thurs. Oct. 30 - North Dakota 7 p.m.

Sat. Nov. 1 - @ Portland State noon

Thurs. Nov 6 - @ Weber State 6 p.m.

Sat. Nov. 8 - @ Idaho State 6.p.m.

Thurs. Nov. 13 - Northern Arizona 7 p.m.

Sat. Nov. 15 - Southern Utah 7 p.m.

# Beliroux: Key runner for Sac State cross country

From Page B1

and enjoyed the atmosphere at Sac State, decided to make the move to Sacramento and pursue track and cross country.

Current cross country head coach Joe Eby described Berlioux as a leader on the team.

"She's somebody that comes in and will tell me if there's anything that I should be concerned with, or brings stuff up to me, and it's all not prompted by me at all," Eby said.

Eby added Berlioux is easy to coach and the other women on the team look up to her. One of those girls is Lizette Gonzalez, Berlioux's teammate and roommate.

"She holds everybody accountable for their responsibilities," Gonzalez said. "She won't get on anyone's case unless it's necessary. But she's tough, a tough runner."

Under Abbott and Eby, the biggest development in Berlioux's cross country running has been the ability to add distance.

"I think with distance running, as you get older and more developed, it just kind of starts to come together," Berlioux said. "I've been putting in a lot of work in the past four years and I think it's starting to unfold. The practices and mileages that both Coach Abbott and Coach Eby have set up for me have seemed to work out really well."

Berlioux cited personal issues, described as "breakdowns" during her freshman and sophomore years of college as factors that caused her to take an important step back from cross country.

This enabled Berlioux to take a fresh approach to her running and increase her mileage. Thanks to some retooling and help from Abbott and Eby, Berlioux now runs about 60 miles in a typical week and has found success in meets.

Her parents, still living in Tulsa, visit Berlioux frequently and watch these meets when possible. She listed her family, teammates and Eby as her key supporters.

Eby described Berlioux as a model of consistent hard work in race and in practice.

"Consistency over long term means you're going to get a lot better," Eby said. "And that's something she's really good at."

Eby considers Berlioux's competitiveness to be another contributor to her success at meets.




Bob Solorio - Sac State Athletics

**Chloe Berlioux competes at the Aggie Open on Aug. 30. Beriloux finished wtith a time of 14:24 in the women's 4K race. She finished second to lead Sac State's women's team.**

"She's a gamer," Eby said. "When it comes time to race, she really turns it on and does a really good job."

Berlioux pointed out as a runner on the track and cross country teams, she is essentially engaged in three sports. Her participation in fall cross country, winter indoor track and outdoor track in the spring keeps her busy year-round, with offseasons as short as two weeks.

"It can be a little bit mentally tough, but you just have to kind of check in with yourself," Berlioux said. "Loving to race and compete is what keeps me motivated, but it does have its challenges for sure."

Regarding the Big Sky Conference Championships coming Nov. 1, Berlioux said she hopes for a top-three finish for her team and a top 10 finish as an individual.

Gonzalez, who has known Berlioux for a month, summed up the team leader in a few short words.

"She's goofy," Gonzalez said. "And she's definitely committed to her studies and running."

As a student, Berlioux is majoring in health care administration and may go on to nursing school after her expected graduation in Spring 2016.

But her plans are not set in stone. Berlioux said she may continue to run competitively after college depending on how the next few years play out.

"I just want to see what I can do in college," Berlioux said. "I'd like to contribute as much as I can to the team while I'm here. And wherever that takes me afterwards is where it takes me."




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# Lights: Men seek more fan support with upgrade

From Page B1

Not only will night games be more exciting for the players, but the fans and parents of the players will have a more reasonable time to attend the match. Most home games this season have started at 3 or 4 p.m.

"For one, everyone loves playing at night and I think it would help us in the recruiting process," Davis said. "Also, I think it would allow us to get more support from fans because instead of having to play a game, say on Friday at 3 p.m. when people are in school and still working, we can play a game at 7 p.m. and hopefully allow more people to come."

There is no debating how lights would benefit both the men's and women's soccer teams. The main issue has been getting Sac State's administration on board to fund the project.

Brian Berger, the assistant athletics director of media relations for Sac State, thinks two different programs will receive lights once funds are secured.

"Getting lights for soccer and softball is a priority for the department," Berger said. "We are still in the process of securing funds for these projects."

According to the Office of Admissions and Outreach, Sac State broke a record for first time freshmen, enrolling approximately 3,700 students this semester.

More freshmen means more money because Sac State generates the majority of its funding through student tuition.

Installing lights and creating night games for both soccer would help make Sac State more competitive in athletics.

# Women succeed, men struggle in invitational

By Mike McGough
@mike_mcgough

Sacramento State cross country competed at the Santa Clara Bronco Invitational in Sunnyvale on Saturday, with the women's team finishing fifth and the men's team placing 19th.

Jacob Huston and Chloe Berlioux were once again the team's top finishers. Berlioux finished the women's 6K in a time of 20:32.5, good for sixth place out of 172 racers. Huston completed the men's 8K in 24:55.4, placing 81st overall among 182 competitors.

Berlioux's time represented a personal best. Though records in cross country can be difficult to gauge due to the differences between courses, Berlioux finished the 6K almost a minute faster than her 21:26 finish at Stanford in September.

"I felt good today and I know it was a little bit faster of a race," Berlioux said. "I held on through the middle and tried to get in the top three. I didn't quite get there, but it was a good effort."

Sac State had four women in the top 50. Amanda Garcia's time of 21:11.9 secured her 29th place. Veronica Stinnett, completing the course in 21:37.7, and Emily Johnston, running the 6K in 21:39.6, took 47th and 49th place, respectively.

The Hornets finished 5th among 21 women's teams with a score of 171. Oklahoma State took first with a score of 82, and Cal Poly came in second at 92.

Coach Joe Eby said the women's team executed their game plan better than they did at their last full race at Stanford.

"I was really pleased with how the ladies raced," Eby said. "I think a couple weeks down the road we can run even a little bit better."

Berlioux noted the course was a fast one, and that the pace was quicker than the team was used to.

"We knew the course a little bit better this time, we studied it," Berlioux said. "I think everybody was mentally prepared as well as physically, and all the work we put in the past couple weeks really came together today."

Things did not go as well for Sac State's men's team, who finished 19th out of 23 teams with a score of 474. Oklahoma State took first place with a score of 30, with four runners in the top five.

"The guys, it's tough to say, it was just a little bit of a rough day," Eby said.

Sam Scheuer took 98th place after running the 8K in 25:14.6. Tyler Sickler had a time of 25:24.7, taking 109th place. Mac Harvey's time of 25:33.0 earned him 119th place, and Eric Molina crossed the line in 25:46.8 to take 135th.

Recovering from an injury, fifth-year senior Zach Kaylor finished with a time of 26:28.6 in the first meet he has run this season, placing 166th.

According to Eby, three of the team's top seven runners are dealing with injuries. Scheuer was running fresh off an injury and senior Drew Azevedo did not compete due to a back issue.

Even team leader Huston ran hurt, dealing with a hamstring injury caused Tuesday by an improper warmup.

"I [feel] terrible about it, to be honest," Huston said "Last year I went about 25 seconds faster."

Huston also mentioned that the fast pace at the beginning of the race hurt his time.

"I think the team is also in the same position as me," Huston said. "I think that we weren't ready for that pace at all."

Huston said that he hopes to help get the team on track by pushing the pace at Wednesday's workout, which will consist of mile repeats.

For the men's team, Eby noted a need for improvement and for speedy recoveries for the injured runners.

"As a whole, we've just got to get better," Eby said. "As we said in our team meeting after, it's one of those deals where I think we did about what we could."

Sac State's next race will be Nov. 1 at Big Sky Championships in Grand Forks, North Dakota.

**Santa Clara Bronco Invitational Results**

**MEN'S 8K RESULTS**

| | |
|---|---|
| 1. Oklahoma State | 28 |
| 2. Stanford | 59 |
| 3. Cal Poly | 64 |
| 4. Utah Valley | 138 |
| 5. Santa Clara | 174 |
| 6. San Jose St. | 201 |
| 7. UC Santa Barbara | 209 |
| 8. Utah State | 213 |
| 9. St. Mary's | 215 |
| 10. New Mexico | 279 |
| 11. Idaho State | 303 |
| 12. SAC STATE | 323 |

**WOMEN'S 6K RESULTS**

| | |
|---|---|
| 1. Oklahoma State | 62 |
| 2. Cal Poly | 69 |
| 3. Idaho State | 90 |
| 4. SAC STATE | 127 |
| 5. Utah State | 141 |
| 6. Utah Valley | 150 |
| 7. San Diego | 200 |
| 8. Nevada | 207 |
| 9. New Mexico St. | 239 |
| 10. San Jose St. | 258 |
| 11. UNLV | 261 |
| 12. Grand Canyon | 329 |


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THE STATE HORNET ISSUE 8

# Culture



ILLUSTRATION BY PIERCE GROHOSKY

WORLD'S LARGEST CORN MAZE

PUMPKIN BREAD PG. 4

## FOOD DAY!

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# Body image speaker embraces her "fat"

By Johanna Pugh
@jo_pugh

A leading body image expert encourages Sacramento State State women to free themselves from the pressures of dieting.

From meal replacement shakes to 7-day juice cleanses, there are many diet trends out there. These fad diets often go hand-in-hand with the pressure society has placed on women to be thin.

Speaker and sex educator, Virgie Tovar, 32, intends to put an end to diet culture.

Tovar lectured in Sac State's Hinde auditorium in the University Union on Oct. 15. During this talk, titled "Lose Hate Not Weight: 5 Ways to End Diet Culture NOW!," Tovar spoke of her experiences in coming to terms with her body image.

"I was 20 years old, a really smart person studying political science and doing really well, and yet that was my reality," Tovar said. "My reality was that my life, my intellect, whatever I could offer to this world, would be nothing if I weren't thin."

Tovar, who has a master's degree in human sexuality, has dedicated her work to educating others on fat discrimination and promoting positive body image.

"Whenever women take autonomy over their bodies, culture freaks out," Tovar said. "There's this pressure on women to be cute and nice, and there's no room for criticism."

In the two years she has been touring and lecturing on this subject, she has received a fulfillment she never found while working out three times a day, constantly weighing herself and eating very little.

Tovar said a pivotal moment came when she realized calorically restricting herself would be a lifelong battle she could never win.

"I remember thinking, 'How much longer 'til I can eat some [expletive] cake?' and in my head I was like, 'Is it a year? No. Two years? No. Five years? No. Ten years? No,'" Tovar said. "And I kept going like that until I hit the end of my life and I realized that was the answer: I couldn't eat cake until I was dead—and not even then! Because if I ate cake it could be an entry point for gaining weight, and if I gained weight, that would mean my life was worthless."

Tovar said her change in perspective was rooted in her desire to be free from insecurity.

"What I realized after I stopped dieting was that I was doing it for freedom," Tovar said. "Being thin—I was taught that's how you get love and freedom from all the things that I'd been taught were wrong with me because I was fat."

Over time, she realized she would not find independence by thinking dieting was the way to be socially accepted and she could not starve her way to freedom.

"I started to think about what freedom means to me and if I could create a world in which I feel completely free, I realized that in that world, my body isn't different—my body is this body," Tovar said. "And so I started to think like, OK, if I don't need to change my body to live in that free world, in that utopia, then why am I doing all this? Why am I killing myself, feeling like crap, like weighing myself every 10 minutes?"



JESSICA MANGILI - STATE HORNET

**Author Virgie Tovar reads from her chapter "Pecan Pie, Sex, and Other Revolutionary Things" in the book "Hot & Heavy" during a talk in the Union Wednesday night.**

A crowd of more than 30 students listened and participated in the discussion.

"Some people diet because of the fear of being someone deemed socially unacceptable," said sociology major Shavon Hyde, 19. "I've seen children as young as 8 years old dieting."

Tovar's words encouraged students to share their own experiences and really think about how the images in the media and factors such as racism affect body image.

During her presentation, Tovar discussed campaigns and media photographs aimed to scare people when it comes to body image. One set of images alluded to suicide by obesity; there was one image of a thin, deceased woman sprawled on the floor clutching a tube of Skittles and another of a man with sausages strangling his neck.

"I have an 8-year-old niece who is chubby like her auntie," said speech pathology major Shyanne Benjamin, 19. "If she saw something like this, she'd think, 'I'll end up like this woman on the floor who did this to herself.' Society makes obesity a joke and treats it like a laughing matter when it's not."

Students found Tovar to be relatable and engaging.

"I'm very inspired by her, I just love her energy," said J'Lissabeth Faughn, director of the Multi-Cultural, PRIDE and Women's Resource Centers.

Faughn said Tovar first spoke at Sac State last spring with Sister Spit, a queer literary touring troupe. During this tour, she read about fat-positive feminism and was brought back to Sac State by popular demand.

"She is a really quality speaker. Her eloquence makes you want to get on board with what she has to say," said Jenn Errol, 38, Sac State aluma. "I'm kind of a panel nerd. I like to go and listen to people speak. But I find a common theme, that they're really angry all the time and everybody uses negative language, and she uses really positive language and so it makes me want to listen from the start to the end."

Errol said when she graduated in 2000, women and LGBT-oriented events offered on campus were limited and on a much smaller scale, and she is happy to see this progression.

"This did not exist when I was here," Errol said. "We did not have guest speakers in an auditorium like this. Three of us just sat in a freaking classroom and went, 'Let's wear rainbows.'"

During Tovar's PowerPoint presentation, she projected her five steps to ending diet culture. These included: 'stop viewing food as the enemy,' 'smash your scale,' 'implement a my body, my business policy,' 'interrogating the language of dieting' and 'wear and do what you want.'

Tovar assured the audience her goal is never to force a way of thinking on anyone.

"My belief is that everybody is free to eat and do what they want. If people want to diet, they should diet because if it feels like the right thing to do for them, I'm not trying to stop anyone from doing that," Tovar said. "I mean, I think that it's definitely something that needs to be examined."

Tovar clarified her belief that there is a difference between being healthy and dieting.

"In short, I believe diet culture compromises your autonomy," Tovar said. "Again, I'm pro-choice before I'm anything else. I have no desire to control what you do or don't do. At the end of the day, taking care of your body is what I'm trying to get people to do. I feel like dieting is not interested in that."

Tovar has learned to embrace the word "fat" as a positive description of herself and others. She is one of 31 women who wrote and contributed their experiences to the book "Hot & Heavy: Fierce Fat Girls on Life, Love & Fashion" published in 2012.

"I have definitely reclaimed the word 'fat'. 'Fat' was used for a very long time to shame and silence me," Tovar said. "My relationship with it was at first based in fear and then later in rebellion. I think I am still trying to make peace with it. I use this word to normalize it and to reclaim my body in a culture that seeks to alienate me from it and to take back some of the power it took from me."








ANDREW WATSON - STATE HORNET

**Sons/Ancestors Players, hosted an open mic night Friday, Oct. 17. The event was in collaboration with Advocates for Black Feminism and included many orginal pieces with commentary on the struggles people of color face in society.**

# Open Mic Night gives students a voice

By Daniel Magalit
@DKM88

Janelle Monáe, Drake and Lauryn Hill were all there -- in spirit at least. One could even feel Maya Angelou's presence in the Multi-Cultural Center where political statements and hope-filled words took the spotlight for Open Mic Night.

Sons/Ancestors Players, in collaboration with Advocates for Black Feminism, hosted an open mic night at Sacramento State on Oct. 17 for a diverse crowd in an intimate setting complete with faux candle light helping to illuminate the artwork that adorned the walls and music playing, adding to the room's ambiance.

Poet Shayanne Benjamin and singer Ayla "Rainbow Warrior" Dozier both performed original pieces with powerful commentary on the struggles people of color face in a hegemonic society.

Robin Fuller also used her poetry to speak out against societal inequalities, especially those against woman

"I wanted to get some people to the group that like to do what I like to do," said Jannah Neal, ethnic studies major and vice president of S/AP.

As fast as names were being crossed off the performance list, they were being added. Many people were eager to share their thoughts in an artistic environment.

Shani Neal, founder of ABF, said it was really exciting to have a space where people can say what they feel without judgment.

"It doesn't matter what you look like or who you are, what your race is, what your gender is, how you identify, none of that matters. Just be who you are and express yourself," said Neal, a psychology and women's studies major.

Author Sir Ken Robinson once said, "creativity is as important as literacy." This statement practically sums up the experience of attending a college-sponsored open mic night.

The combination of education and creativity makes college students more adept at being able to say what is important and still be able to keep the attention of those listening.

"Open mics are important because it gives artists a chance to work new material and allows for those who are new to blossom," said patron and performer Ike Torres. "For the audience, it provides grassroots entertainment."

For that reason, events like open mic nights are vital for college students, especially students of color.

In a time where social issues such as police brutality in Ferguson are becoming common, it seems more important than ever to have the voices of future leaders, particularly future leaders that resemble the victims, be heard.

"[College students] are opened-minded instinctually," said Torres.

Open-mindedness is another key component of an open mic night. It can be hard to remember, at times, that not everyone will agree with what someone else has to say. People won't always agree on the level of someone else's talent, but the open mic stage is a place of positivity and acceptance. The energy in the room demands it.

The words of each performer took the audience on a journey through their memories, experiences and beliefs. Some poets set the listeners in the streets of Ferguson, some shared their experiences with illnesses and hardships and some even made the audience hate their exes as much as they did.

Through all the words spoken in that two-hour span of time, a theme emerged: one of perseverance and hope.

The girls of S/AP exuded the essence of Maya Angelou as they performed the poem "Still I Rise" and gave off an aura that made everyone feel like no matter what was going on in their lives, things would be okay.

# Food Day celebrates the art of healthy living

By Virginia McCormick
@ Gin_McCormick

Put down your fast food burgers and microwaved pizza for this Friday. Sacramento State's Food Day is making a big return to campus this year, and you might just regret that choice of lunch after you're done.

Oct. 24 sees the fifth year of Sac State's participation in the national celebration and educational day, created by the non-profit watchdog and consumer advocacy group Center for Science in the Public Interest.

"Food Day inspires Americans to change their diets and their food policies," said Food Day web organizer and staff Avi Schlosburg. "This is a day to make changes in our own selves and take action to solve food-related problems in our communities at the local, state and national level."

Economics assistant Professor Kristin Kiesel has been the organizer for Sac State's Food Day events for the past four years.

"The idea is a little bit along the lines of Earth Day," said Kiesel. "It's the idea of designating one particular day to start a discussion about food and about issues related to food, whether it is health related, environmental, or [a] food justice issue."

She explained that while the events are difficult to organize each year, the positive response and interaction from students after Food Day is worth it to her.

Kiesel said in addition to bringing more attention to the issues associated with food production, Food Day also give students the opportunity to take things they have learned in the classroom into something more tangible.

"The goal is really to find leading people in the field who students can connect to and inspire," Kiesel said.

She also feels it is important to get students involved in long-term decisions about what kind of food is available for purchase on campus.

All of the events are free, and provide students with the unique opportunity to get perspective on Sacramento's unique relationship with food production and agriculture.

Cooking demonstrations and tastings sponsored by Sacramento Natural Food Co-op are scheduled for the campus community from 1-2 p.m. in The Well, which some students are understandably excited about.

"Anytime there's free food, I'm in," said junior criminal justice major Adriana Sanchez. "And I think it'd be good to learn about what kind of choices I'm making about the food I usually eat."

Sanchez said that when she was growing up, her family often wouldn't have the money for healthier food options. This is a reality shared by many families and will be focused on in this year's Food Day.

A special showing of the documentary "Fed Up" will be shown in the University Union's Redwood room from 5-7 p.m. The film focuses on the causes of obesity in the U.S., from poor dietary guidelines set for children to an entrenched sugar industry blocking attempts to provide healthier diets for children.

Following the panel discussion, and the official end to Sac State's Food Day, is a special interactive keynote by author and chef Bryant Terry from 7:15-8:30 p.m.

Terry will be speaking on the wide range of social and political issues that often stem from food production, income inequality and structural racism. Issues will be presented in an engaging and entertaining way to connect with students, from video segments to rapping.

The keynote will be followed by a book signing of Terry's latest cookbook Afro Vegan, which was named one of the best cookbooks of 2014 by Amazon.com.

Other events include an open house for the on-campus aquaponics system at the Sustainable Technology Outdoor Research Center and the grand reveal of Capitol Public Radio's Garden Project at 7055 Folsom Blvd.

Featured menus around campus dining establishments and themed literature in the Hornet Bookstore will be available for the entire Food Day, and the accompanying Food and Nutrition Club Jamboree is scheduled for Oct. 23 in the Library Quad.

**For more information about Food Day, visit foodday.org**



PHOTO TAKEN BY JUSTYCE MIRJANOVIC



PHOTO TAKEN BY JUSTYCE MIRJANOVIC

# Pumpkin Bread

By Justyce Mirjanovic
@_jmirjanovic

Pumpkins have been a tradition of fall for as long as most people can remember. Not only are they used for carving during Halloween, but they are very useful for cooking-- Pumpkin can be used to make a number of things such as soup, desserts, pies and bread.

Pumpkin bread is perfect because it is not too heavy on the pumpkin flavor. With just the right amount of pumpkin, ginger and spices, it is the perfect snack for fall.

## INGREDIENTS:

- 1 can pumpkin puree (15 ounce)
- 4 eggs
- 1 cup vegetable oil
- ⅔ cup water
- 3 cups white sugar
- 3 ½ cups all-purpose-flour
- 2 teaspoons baking soda
- 1 ½ teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ¼ teaspoon ground ginger

**There are a lot of ingredients that go into making pumpkin bread, but a lot of them are ones usually kept in the house. This recipe will make three loaves of bread and is perfect to share with the family.**

## DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a large bowl, mix pumpkin puree, eggs, oil, water and sugar until well blended.
3. In a separate bowl mix together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Add the dry ingredients to the pumpkin mixture a little at a time to make it easier to blend.
4. Grease 3 bread pans, pour the mixture, and bake for 50 minutes or until desired texture.



MARISA HILDEBRAND - STATE HORNET

**Matt and Mike Cooley claimed the Guinness' "largest corn maze" record in 2007 coming in at 40 acres. This year's record-setting maze is 62 acres wide and 7 feet tall.**

# Cool Patch Pumpkins: 62 acre cornmaze

By Marisa Hildebrand
@mareesabrand

Nestled in a sleepy farm town 23 miles west of campus is Cool Patch Pumpkins. Stocked with 50 different varieties of pumpkins and home to the world's largest corn maze, this Dixon pumpkin patch is all but ordinary.

Matt and Mark Cooley officially tilled land for the corn maze 12 years ago and have gained statewide, national and worldwide recognition since.

The brothers claimed Guinness World Records' "largest corn maze" record in 2007 coming in at 40 acres. Although that record was never beat, the Cooley's aim to officially re-claim the title again this year.

This year's maze comes in at 62 acres. It has five miles of winding paths and every twist, turn, loop and straightaway is hand cut with weed-wackers a few weeks before opening day.

But Matt Cooley has a secret for marking his trails without slashing through seven feet of corn stalk.

"When it's this tall," Matt Cooley said laughing, holding his palm about a foot from the ground. "And we go a 'bzzz', use weed-eaters, and 'rreehh,' and then we spray it and kill it."

Last year's maze still beat the 2007 record, but the Cooley's did not have the maze officially measured by Guinness.

"Then we thought this year—we thought 'Okay, we're going for it,'" Matt Cooley said. "We're going to make it as big as we can and we'll set the record."

The maze will probably never reach beyond those 62 acres, according to Matt Cooley, because of orchards on the other side of the lot.

When students are ready to get lost in the maze, he said each time of day has benefits.

The best time to come with minimal crowds is the morning, but if students wait for dusk the experience is completely different.

"It's totally weird at night," he said. "It's flashlight only."

Even though their corn maze seems to steal the limelight, Cool Patch's pumpkins are hardly overshadowed by corn stalk fame.

The patch has 50 varieties of bizarre pumpkins for picking, including: Cinderella, Caveman Club, Birdhouse and Turk's Turban pumpkins.

"The Turk's Turban: we call those 'monkey butts,'" Matt Cooley said smiling.

Some of the pumpkins do not even require carving and are already porch-step-perfect with all varieties of deformations and warts.

**Cool Patch Pumpkins is open until Nov. 2, and plenty of pumpkins and corn maze tickets are still available.**




MARISA HILDEBRAND - STATE HORNET

**The best time to come to the maze is in the morning, when there will be minimal crowds, according to Matt Cooley.**

# Book-to-film adaptions: success vs. flop

By Johanna Pugh
@jo_pugh

Whether it features a girl fighting in a dystopian war with a bow and arrow or a young wizard facing his lifelong nemesis, there have been a number of film adaptations of bestselling novels in recent years.

While there has been visually impressive adaptations, there has also been some cringe-worthy ones which can fall short in comparison to their original, literary counterparts.

Sacramento State students discuss what criteria makes up a high quality book-to-movie adaptation.

"What makes a movie adaptation good is what makes anything good—passion for it," said Miranda O'Connor, 20, an English major. "It has to have a basis in love. If the project is driven by love and they wanted to make it in a form more people can see and enjoy, then it'll be good."

A.V. Club film critics Tasha Robinson and Scott Tobias wrote "What makes a good book-to-film adaptation?" in 2012 following the release of the first "The Hunger Games" film. In this article they argued the factors which contribute to an adaptation being deemed a success or a flop.

"If book-to-film adaptations can fail by being too faithful or by being not faithful enough, what's left?" Robinson asked. "Is it fair for people who have read the book to complain about it not giving them something new, when it's still serving a purpose by accurately bringing the story to people who haven't read the book? Is it possible to please or even serve both audiences? What makes a good book adaptation, anyway?"

The last question in particular results in various answers.

"It's always about the story," said theater and film professor Roberto Pomo. "And that's the bug-a-boo when it comes to transferring and bridging the narrative of a book to the narrative of a visual image."

There seems to be a growing mindset in Hollywood that the more visually impressive the movie, the more tickets will be sold. Some students reason without a solid story, special effects can only go so far.

"I think having just a cool visual element with no real story, it's like having a cake but nothing on the inside," said film major Geovanie Brooks, 24. "Like a pie you throw in someone's face; at first you're excited to get to the filling but once you throw it, you realize it's all frosting on top and nothing in the middle."

Brooks explains how within the time constraints of a film, details such as internal monologues and character development, which reeled in reading audiences in the first place, fall by the wayside.

"More substance is necessary in films, especially if you're dealing with a fanbase of readers, people who usually pick up a book because of its substance," Brooks said. "You sit and read through days and weeks of a book and it's a bigger time investment but you get that substance that sometimes movies are lacking."

Pomo discusses novels, films and the gaps present between the two.

"With a book you have to take your time with it, you have to involve yourself in the writing, you have to involve yourself in the characters. Film doesn't have time for that. Film is immediate," Pomo said. "Because as post-modern human beings, we are used to our senses always being bombarded by visual stimuli so when we go to a film we expect it to be quick, accessible and it goes right to the brain like a visual drug."

He said since moviegoers are used to being entertained in a short amount of time, the true meaning of a story can get left behind.

"When you translate a book narrative to a film narrative, you're always going to lose out. I can't think of any examples where it's like, 'Gee, the film is better than the book,'" Pomo said. "Film has conditioned us as a society to expect a certain amount of time we're going to dedicate to seeing a film, and people don't want to see a history, they want to see a love story."

Even if adaptations may attempt to tell the same story, others view novels and their films as two separate entities.

"It's almost unfair to compare them because film is an entirely different medium," said Caitlyn Wardell, 21, a sociology major. "I can enjoy a book and enjoy its movie. I kind of like to view them as separate works of art that intertwine."

As Robinson and Tobias examined, sometimes how closely the film resembles the novel does not determine how great of an adaptation it is.

"What I want is not faithfulness, but an active engagement with the material," Tobias said. "The question filmmakers should ask is not, 'How can I bring this story to the screen without losing anything?,' but 'What in this book do I want to emphasize?'"

Instead of reiterating what readers already know will happen, Tobias said a film adaptation should focus on what important message it wants viewers to take away after watching. He asked if the filmmakers cannot create a work that exists independently from the novel, then what is the point of making it?

"There's also the fact that filmmakers rarely have an antagonistic relationship to the book they're adapting," Tobias said. "It would be fascinating if they did, but most want to do right by something they loved."

In this sense, the point is not to pit books against their movie adaptations, but instead view them as two art forms. This means both, if executed well, have the potential to enrich the overall meaning of the story for viewers and readers alike.

"It's good to experience the story on different levels," Wardell said. "Getting more than one perspective on the same story, it keeps the book alive."

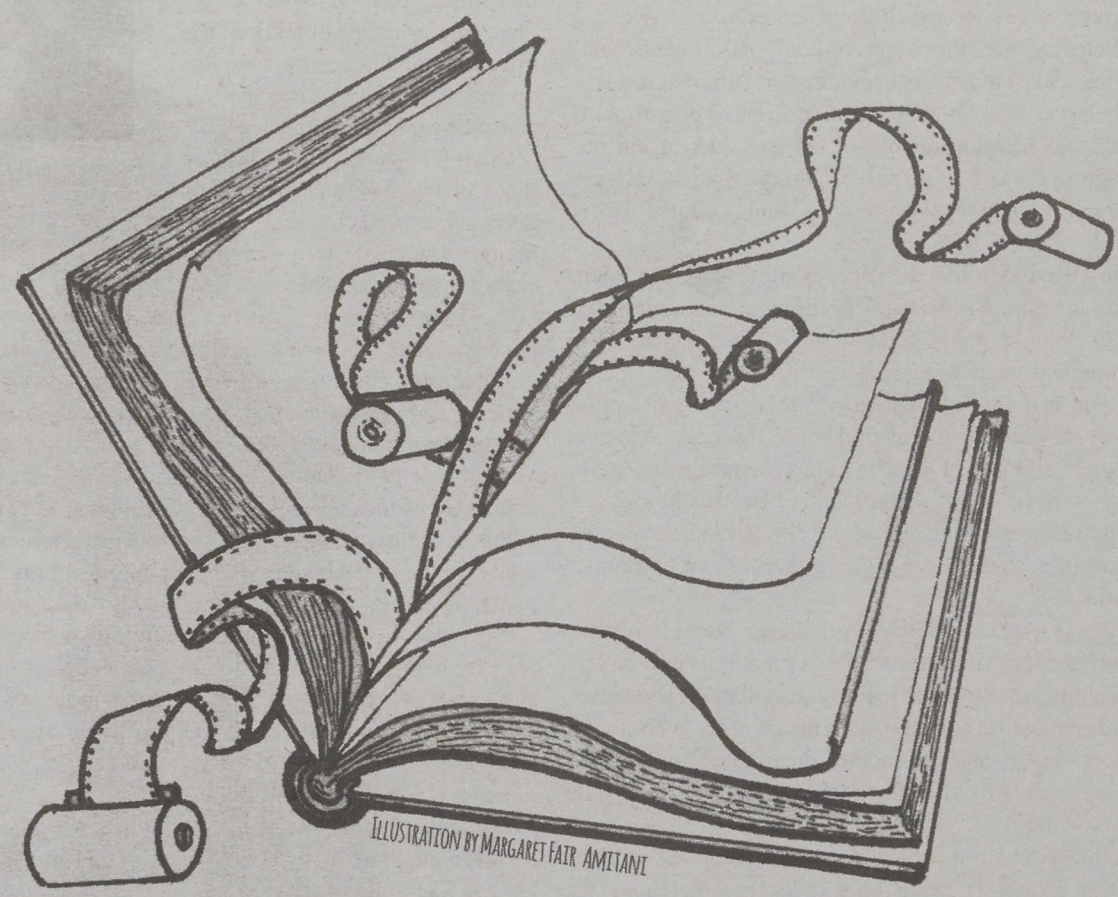


ILLUSTRATION BY MARGARET FAIR AMITANI

# Students and staff speak out on diversity

By Kevin Hendricks Jr.
@seekevrun

Race-related issues in America have always served as a hot-button topic. With the recent events occurring in Ferguson, Missouri, the topic of race is more prevalent than ever.

Of the many discussions, one topic that continues to make way towards the front lines deals with people of color feeling inadequately represented in various environments such as in government positions or higher institutions of learning. It is the latter that now serves as a cause for concern among a section of students on Sacramento State's campus who identify as people of color.

While Sac State boasts a campus of over 28,000 students according to the most recent report published by the school last year, there are many students of color who still feel as if they are fighting for a place to fit in.

Veronica Williams, a 22-year-old ethnic studies senior, feels that while people of color do make up a sizable part of the student body, their numbers pale in comparison to those of white students.

"I feel like [among] the majority of the diverse groups of people on campus, especially among African-Americans, Chicanos/Chicanas, maybe Native-Americans as well as Asian-Americans, I feel like within that community we're a large part of the student body, but the White population still overrules," Williams said.

Williams believes the lack of diversity in certain departments such as psychology or ethnic studies, is contradictory to what the perceived goals of the departments would be: studying different societies and ethnic groups.

She believes it is counter-intuitive to have departments that advocate learning about the ins and outs of various ethnic groups, and not have faculty that is always representative of the very groups and cultures being studied.

For 66-year-old political sociology professor Stan Oden, Williams' statement is dead-on, pointing out the number of people of color in many departments on campus are low, and is a indicative of an even bigger issue.

"It's very rare that you can go to any department in this university where you might find more than one African-American... and you'll find in many departments, zero. When you have large departments like psychology or sociology, even government where I'm the only African-American in it, thats under-representation to an extreme," Oden said.

For 26-year-old sociology graduate student Jessica Castellon, the lack of representation on campus in terms of looking at the faculty is particularly troubling, as she views it as a disservice to both the students of color who are in need or guidance, and the faculty members of color who simply are unable to offer the adequate amount of help to those who want it.

Castellon points out a crucial component to a student's success in school is being able to access resources on campus, and believes the lack of representation on campus is a problem for students of color, due to the fact they may not feel as if there is a familiar face they can turn to.

"Seeking mentorship, in my opinion, is one of the key facts to graduating...if there are only, like, a few faculty [members] of color, it makes it hard for students to seek mentorship," Castellon said.

Williams recognizes that many students of color feel discouraged when they are unable to establish connections to their campus, citing her own personal experience as an African-American woman.

"...I feel pissed off. You get uncomfortable 'cause you kind of want to have someone you can relate to or hang out with, or at least study with because, you know, maybe this white person in class may not relate to me, may not want to talk to me, may have a preconceived notion about me that they might not want me," Williams said.

However, for Williams, the feelings go beyond simply feeling uncomfortable in class. She understands that many students feel so uncomfortable that it begins to adversely effect them in terms of retaining the information they are taught, or simply finding the will to continue on with college.

Oden's statements bolster those of Williams', citing lack of diversity as a factor that causes many students to withdraw within themselves and shut down.



ILLUSTRATION BY ANTHONY NATHAN

"...There is ample evidence that shows if you don't have someone who you can relate to culturally, that you're going to feel, eventually, alienated within that culture, and once you become alienated, you can become discouraged to complete the task," Oden said. "If you go to a class and you are not called upon, or you're basically singled out, either one of those things can be detrimental to you."

For DeAnthony Jones, a 23-year-old government senior, while a lack of diversity has never deterred him from his goals, he admits it can sometimes feel disheartening.

"At some times it's a confidence thing where I feel like, well is there any upward mobility for people of color in any university system. It's some of those moments where I ask myself, 'Damn, will I ever get to become a professor, is it possible for me to, 'cause if you don't see it, you'll start to believe you can't be it," Jones said.

While there are those who feel as if they are inaccurately represented, there many people of color on campus who do believe Sac State is diverse.

For 65-year-old theater professor Roberto Pomo, Sac State's campus is the epitome of diversity, as he credits the campus's multi-ethnic background as one of the factors that drew him to the school.

"We have, I think, a very rich composition of diversity. When I came here, I thought, 'This is what I have been searching for,'" Pomo said. "[Sac State is] truly a template for what California is all about."

Jennifer Devera, a 22-year-old communications studies senior, also believes in the diversity on campus, pointing out how various multicultural organizations aid in fostering a community inclusive to all races and ethnicities.

While viewpoints may vary, many people acknowledge that it is a problem when students feel uncomfortable, and urge those that do make sure their voices are heard.

Asian studies professor and program director Pattaratorn Chirapravati suggests one way students of color may be able to form a better connection to their campus is by forming a sport group or club of sorts.

Chirapravati knows that many students of color struggle with finding their fit on campus, and believes rallying together can aid in forming stronger bonds with not only the campus, but with each other.

Clubs and groups aside, many students feel that there needs to be a bigger push towards reaching out to communities known for having higher population with people of color.